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## ABSTRACT

A garment 10e comprising a stretch fabric wherein the garment covers at least a part of the lower body of a wearer, has a crotch part, and is 5 worn by being fitted to the wearer's body, wherein the garment 10e in part has a portion 1 with a strong straining force; the portion 1 with a strong straining force is a strong straining portion (A); right and left parts of the portion (A) are connected at a position 2 on the back side of the garment corresponding to any region from os sacrum to vertebrae lumbalis of the 10 wearer's body; and the portion (A) covers a region extending from the position 2 through tops of bulges of the buttocks or vicinities thereof approximately in the direction of muscle fibers of musculus gluteus maximus at right and left to at least the vicinity of trochanter major.

The above garment is useful as having the functions of increasing 15 the stability of the hip joint, reducing lumbar lordosis, making youthful figure and posture, contributing to alleviating pains such as lumbar pains, and for an elderly person preventing falling down.